

# Handout 9: Mixed Messages

**Instructions:** Children learn from the actions and words of people they see regularly, whether or not those words and actions are meant for them. In the box below, write a message — a belief or value — that you hope your children would be exposed to frequently so that it becomes one of their beliefs or values.

Then, when your children are watching a half-hour television show of your choice, watch it with them. Observe both the show and the commercials. Each time any words or actions *support* your message, put a check in the “Supports Message” column. Each time any words or actions *oppose* your message, put a check in the “Opposes Message” column. Next to each check mark, describe the words or actions.

BELIEF OR VALUE

	Supports Message	Opposes Message	Description
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			

Continue on another sheet if necessary.